

## Survivor Life Coaching Options

SPECIAL RATES for newly diagnosed and on treatment patients.\*

### Cancer Patients and survivors come to me for:

- Been-there-done-that wisdom and advice about things they don't know or are afraid to ask about.
- Support making lifestyle changes and creating a healthy New Normal life that helps prevent recurrence when active treatment ends.
- Help making changes needed to be able to live fully and fill their lives with people, experiences, and things that matter most to them.
- Support in finding ways to give back in some way.

When diagnosed and/or going through active treatment, talking with me, a fellow survivor, can calm fears and provide emotional and practical support so decisions can be made and treatment managed. When active treatment ends, my proven **What's Next** life coaching process helps integrate the changes of cancer into a healthy, thriving New Normal life as a survivor. Often, roller coaster emotions and stress can be reduced significantly in as little as one phone conversation.



Here's what I offer for cancer patients, survivors, and their loves ones or caregivers.

**No Cost / No Obligation Consultation:** This 30-minute session is done via phone or online, and **can be a lifeline at time of diagnosis**. You'll talk about what you are experiencing. I'll share ideas and tools with you. At the end of the conversation, *if it feels right to both of us*, we can talk about further coaching options. Or not. You'll leave feeling much better, with ideas and actions you can use; I'll be glad I had the chance to get to know you. **Book your consult now!**

**On Demand Coaching for Newly Diagnosed and On Treatment patients:** Following the initial consult, this is a good fit for people on active treatment when emotional or practical issues come up. Most often, the coaching is provided on an as needed basis, in 15 minute increments with no set amount of session or time frame for working together. I'm here when you need me but you are not obligated to me in any way.

**One-on-One Coaching Programs: Survivors receive 15 % Discount off regular coaching packages\***

**Where Am I Now? Discovery Consultation:** Quick, easy, no-stress reality check of where you are now and what you want for the future. Complete easy assessments for review during the consult.

**What Matters to Me? 3-Week Coaching Package:** Foundational 3-week package designed to highlight things that matter most to you individually. Assessments and small action steps first two weeks. Final week prioritizes efforts and future plans.

**What's Next For My Life? 90-Day Coaching Package:** Choose what is next for your life based on a solid foundation of confidence and self-awareness. Learn to maximize your strengths and step out of your comfort zone for the sake of living your best life now.

**Live What Matters Now! 6-Month Coaching Package:** Change your life by fully living what matters most to you now. Become adept at managing your energy, navigating change, and driving your life. Build resilience and sustainability.

**Call Paula at 954.663.7834 for survivor coaching pricing.**

**Schedule your No Cost / No Obligation Consult NOW!**

Call 954-663-7834 or email [Paula@WhatsNextForMyLife.com](mailto:Paula@WhatsNextForMyLife.com)